

MAKE A GREAT PLATE.

Try this high-protein dish for brunches, lunches and breakfast-for-dinners.

Breakfast Pita Pizzas

INGREDIENTS

4 **whole-grain pitas**, naans or **flatbreads**

1 tbsp **unsalted butter**

8 large **eggs**

1 cup **bell pepper**, chopped

½ cup **Parmesan cheese**, grated

½ cup **fresh basil**, chopped

Salt and **pepper** to taste



DIRECTIONS

Set oven to broil. **Line** two baking sheets with foil. **Place** pitas on baking sheets. **Add** butter to nonstick skillet over medium heat. **Crack** eggs and whisk well in small bowl. **Pour** eggs into pan. **Push** eggs around with spatula and continue cooking until thick with no liquid remaining. **Divide** eggs, tomato, bell pepper and cheese equally onto each pita. **Broil** 5-6 minutes until cheese melts. **Remove** from heat; sprinkle with basil, salt and pepper. **Cut** into slices and serve.

Makes 4 servings. Each: 406 calories • 24g protein • 17g total fat • 41g carb • 4g sugar • 6g fiber • 650mg sodium